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## **WHAT IS GLOBAL CONSCIOUSNESS AND HOW CAN IT AFFECT YOUR DAILY LIFE?**

*Malorie Mackey*

*Actress, author and adventurer*

*Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out [www.maloriesadventures.com](http://www.maloriesadventures.com) for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.*

"We are all connected." We tend to hear this phrase a lot in movies, see it in the written word and even have it said to us in our daily lives. It gets tossed around a lot, but what does it really mean? We are all connected. How?

Well, biologically, human beings are all a part of the same species. That connects us. We all live similar experiences in our lifetimes, though by no means are our experiences identical. But what about metaphysically? Have you ever thought about the concept of there being something intangible that exists out there that connects us all together? I'm talking about a global or collective consciousness, if you will. You probably already know that the Monroe Institute's basic tenant is "you are more than your physical body." What I'm talking about is slightly adjacent to that.

It's a topic that has come up time and time again throughout history. Though first brought up by Emile Durkheim in 1893 as an idea of societal morality and understood behaviors, the idea evolved over the last hundred years to be thought of more as an intangible force of energy that connects all living beings together. It was explored further by South African zoologist Lyall Watson with his colleague Lawrence Blair in the 1970s using Japanese macaque monkeys and later in human beings by Professor Daryl Bem. Many of these scientists were impressed enough with their findings to believe in a global consciousness. In fact, in 1998, the Global Consciousness Project (GCP), an experiment to try and physically prove this metaphysical topic, came about to detect this unseen force (though trying to prove through physical means that something intangible is real is much harder than it sounds and has since been very controversial).

So, needless to say, if you've wondered about this topic before, you are not alone. In fact, you may be onto something.

### **What is global consciousness?**

So, what exactly is collective or global consciousness? Have you ever found yourself feeling down without explanation? Perhaps, you are living your best life and accomplishing everything you wish you could, yet you just aren't as happy as you know you should be. Many times, we credit these issues to hormonal or chemical issues, but perhaps it's more than that?

Or, perhaps, you have a feeling about an idea or topic that seemingly came out of nowhere that becomes a huge point of discussion all over the news and media a day or so later?

The idea of a collective consciousness explains why trend setters know what's "in" without having to communicate with one another. It explains why many people just "know" about something—people who are on opposite sides of the world, who have never interacted. It explains why you would feel so down when the world is in frightening times—even though your life is absolutely wonderful.

This idea of a global consciousness is the very idea that we are all connected on a metaphysical level. That there is a system of information carried around in energy form that we can all connect to that covers the entire span of at least our earth if not even a broader spectrum. In simpler terms, it's a telepathic or supernatural way in which we are all connected to one another.

### **How does this global consciousness affect us?**

In my recent years of studying the human mind and awakening my own human consciousness, I have learned with quiet certainty that most people are more intuitive than they give themselves credit for. Like any other area of life, certain people possess stronger intuitive or psychic abilities than others. Some people are incredibly talented at remote viewing, while others are not as well developed in that area. Others can sense people's feelings as if they were their own, while other people can't. But regardless of how they perceive extrasensory information, most people do experience it in some way, whether or not they know it.

For those people who do not know they have a strong intuition, the idea of a global consciousness can be rather alarming. There are, of course, the positive ways that one can be affected by this. As mentioned before, the global consciousness can easily prepare you for something that is coming your way. It can help you know "what's in"

without you ever having to hear it verbally. However, in trying times, it can also affect you in a negative way.

2020 was a year for the books. It was very rough for many people to say the least. And while there were positives out there in the world (as there always are), most of the world suffered. When most of the world is suffering, in theory, much of the global consciousness can hold onto this negativity. If you are connected on an intuitive level to this collective consciousness and you aren't aware of it, you can find yourself upset, irritated and even depressed without knowing why. Your life could be perfect, but you may not be able to experience the bliss you should be because you are connected to the rest of the world on a higher level, and most of that world is suffering. So, you are empathizing with the billions of others who don't have it so lucky.

That being said, the global consciousness can affect your daily life in negative ways if the world is in a negative state. And while this won't be the case all the time, this has been very true in 2020 and leading into 2021.

### **What can we do about it?**

There are a couple of easy things we can do to help ourselves and the rest of humanity while the global consciousness is negatively affecting us. First, we can learn to block out the negativity. The best way to do this is through meditation. Find a comfortable spot and imagine a great healing white light coming into your body. See it forming a strong circle of healing protection around you, as if you are in a snow globe of this protection. You can tell the universe that you are open to perceiving the good, but you wish to block out the negativity. Doing this each morning before you take on the day is a great way to block out the negativity that may be out there. Using the Monroe REBAL tool is another way to quickly activate your personal field of protection.

Another thing you can do in return is send positivity out there into the global consciousness. If the world is experiencing the negative, why not send some positivity out there to try and help? In your daily meditation, send positive thoughts, white light, and happy energy out into the universe, with the intent that all the positivity being spread into the collective consciousness will reach others. This will help to create joy in your life and in the lives of others, something that is much needed right now.

If you don't know much about meditation, seek some guidance. Try some of the Monroe Institute's free meditations to begin the process of exploring your own consciousness. And if you're being led to it, sign up for a program so you can further understand and unlock areas of yourself you didn't know about.

The idea of a global consciousness is still controversial in nature. However, there have been many studies that point to this topic being validated. you can play your part by being open to your intuition, learning to block out any negativity that may be out there and helping by sending positivity out into the universe. The more we study our own human consciousness, the more we will be open to understanding, receiving and adding to this global mindset.